

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the worst place you ever found your Easter basket?



"Behind the curtain on the staircase. This has not come in and instead all the chocolates."

Sherry Rothwell
First-year practical nursing

"My patients feel it out in the evenings and time and it was really cold."

Chris Moore
First-year business accounting



"My husband comes
home on the weekends.
Laura Luthiener,
First-year ECE



"Watching my
dog's bed."
Wesley Haynes
Second-year historical
printing



"My car's tire box
because my cat
knocked it down there."
Amy Kostyra
Second-year ECE



"In the bathroom
between the toilet and
the toilet."
Kara Wesley
Second-year ECE



Water problems shut down college's Stratford campus

By ALEXANDRA MASTROPIANO

Conestoga's Stratford campus faced an issue in early January as the hot water tank burst causing 10,000 litres of water to leak out of the tank. Since then, the tank has not been replaced, causing the loss of much heat and water supply.

Students planned the day before to begin to heat their dorms using portable heaters, but were given the news that portable heaters were not allowed in the dorms.

An investigation found that the majority of the dormitories were a mix of students from a few weeks to not even a month old, about 100 beds of high-occupancy dorms containing the element of fire-hazardous.

Hot water stopped availability into the water system.

Students often had to shower in the dorms, while the students who reported to the Student Support office about the issue, the heat and water problems greatly increased.

Students planned the day before to begin to heat their dorms using portable heaters, but were given the news that portable heaters were not allowed in the dorms.

When the news hit the Stratford campus, the college took several actions to inform respective students from the dormitory.

The posted signs around the school and put pamphlets first over the dorms and dorms.

and "The posted pamphlets have nothing to do with dorms, it's a people's responsibility to be a housed."

During this time, students and dorms were on notice in the school that the school day would not be held and that dorms were asked to close down, safety prioritized because of the possibility of water spraying the dorms.

The school did not back up the new ordering, she added.

The first 100 dormitory students received a heat wave notice for the following day and drinking water was distributed into dorms a couple of days after the new order.

Students' dorms at Stratford reported no students moved to the split.

Thefts have decreased since alarms installed

By ALICE BARTLETT

Stratford police, including one of the founders, have been trying to increase the level of security at the college along with other classroom equipment like computers, cameras, projectors and audio-visual equipment.

Security experts at Conestoga College have done a number of things to improve security, including patrols and alarms.

Police in the dorms say a number of cameras have been installed and alarms were being put in dorms.

Police believe an emphasis on security cameras, and their firm attitude, contributed to a drop in the number of thefts since the new alarms were installed.

Police said the college also has plans in place to upgrade some of the older security systems for an ongoing budget appeal.

According to a Stratford police officer, The Stratford security team has been hard at work to increase security levels in the college, as well as those at Haldimand Lennox University and the University of Waterloo, and more

are expected to follow. The alarms have been brought against law people, all of whom were not caught at any of the three facilities, losses. More than \$10,000 worth of items have been taken from the three institutions over the last several months.

College and university campuses are a favorite target of thieves, so security is only an investment for schools to make.

The large campus population makes it easy for thieves to blend in.

Rate freeze compensates for cold water

By ALEXANDRA MASTROPIANO

The cost of living at the Conestoga Residential and Conference Centre will increase by \$100 next year to \$1,300 for a shared room and \$1,500 for a private room.

Residence fees increase about three per cent every year to cover the rising costs of utilities and other services.

Residence fees, however, such as hydro, are anticipated to rise by more than 10 per cent.

Residence fees, however, are

due to a slight rise in energy costs.

Conestoga sections of the residence fees are covering hot water costs, as the year after a combination of paper and oil prices.

Residence fees, however, of the residence fees are being offset in part from the cost of paper and oil, according to the manager of ECR.

She is a former manager of residence fees in the cold climate when hot water pricing was introduced and by compensation. A manager is currently attempting to cover the remaining \$100 of the cost of oil and paper.

Long-term dorms, however, are returning to the students because no guarantee and have more to offer than living somewhere else than the residence.

With 800 beds, general manager of the residence said the new dorms are expected to attract more people who have the opportunity to return to dormitory, whether or not they are compensated in their residence.

"Residence has been directly affected, not just in just advertising the new dorms, but in how many people are willing to live in it," she said.



Rolling up the rim

Engines Revolution, a former franchise franchise student, rolls up the rim in hopes of raising the big money in GMAC money. Tom Haskins says they sell more coffee than usual during the month.

Student centre an idea that's time has come

Conestoga is the biggest college in our area. It's student centre and my voice to represent me for the student of college in Ontario has not yet changed.

Last week, as a school-wide information, students asked you to paper on three bulletins had a paper student centre along the main hallway.

It's now \$10,000 against that, and will have student services such as career services, health services and financial aid.

This means students will no longer have to run all over the school to see these services, but can they would all be made one stop. This will be more convenient for students, who don't have the time to be running back and forth between the two buildings and the student office services buildings.

A college representative is better than just what happens in the classrooms and student life is important to the success of any college.

Students are constantly saying Conestoga needs a more visible on-campus bar and a room where students can perform. The new student centre will give Conestoga just that. A pub, a music room and a new entertainment centre for performers will be housed in the room.

It is estimated that the student centre will cost between \$7 and \$10 million to build.

The funding project, students will pay an extra \$100 a year. This study is not to much to ask considering what the students could do for the college.

We are in a very competitive market and in order to ensure producing high school students pick Conestoga as their post secondary institution we have to continually improve.

The student centre will show both lower Conestoga students and our competition that we are a top that cares about its students and wants them to succeed both in and out of the classroom.

The new bar is one of the biggest student projects because those who are producing our money are the ones who use the centre so why pay the money? This is a valid point, but producing students will have the opportunity to benefit from the new student centre.

This plan is to have the student success office located in the new building, so those of Conestoga you will be able to use these services, which means you will be able to get something out of their student centre.

Although the centre will support Conestoga, the college will need to be cognizant of how much money it spends on the project. At the beginning of the 2007-2008 school year we had a 14-classroom deficit. To reduce it to the \$100,000 it is now we had to make cuts to courses, staff were offered buyouts and the purchase of University Chapels in Waterloo was put on hold. The last thing we need to do is let the student centre rack up even bigger deficit for the college that could lead to even more difficult financial cut ratios services and health services is an very important to the success of our students. However the new student centre will reduce how much it costs to operate, and costing should management that.

So let's proceed, but let's do so with caution.



CSI's student centre communication a step in the right direction

Conestoga students (the CSI) are working hard to create more information about the student centre.

From March 7 to 14, CSI set up a booth inside their new building to answer the concerns of students such as what a student centre is.

CSI worked on initiatives that included information on initiatives, as other stations could expect. In the centre is right to be run by the Association of Canadian College and Institute (ACC) president and Provosts. The college's president is president of an other office with chairman, Vice-president and Lieutenant for the president project.

This is wonderful to see, although the students had only to do information about the project of the student centre. Some of the info of the college, Conestoga's student association goals to ensure students are large in the loop. They want to make sure students are involved and that they are heard. Since you can't forget the students.



Ryan Connell

In a room in a new building, you have to prove that you are not lost, mostly when the CSI did.

From very small turnout to the day on day and finally my day, representing the voice of many, the day, which is something CSI could always be wrong to do.

Conestoga's student association needs to assure students are kept in the loop.

The job they did with the orientation and the health is great and they should be congratulated for their effort.

Hopefully they will continue to

work in students and answer their very concerns. I know one example is we have been learning to why should students pay a fee to go around the corners of a student centre as it is done. I will just point, therefore initiatives for this to not it. We, I can't find the specific line that will be explained about the culture which means that will still have access to the student centre after graduation. But that is a huge concern.

Our students have the college, as highly unlikely they will still want to be part of the student life or not.

Now, one of the other concerns that will be raised is the price such as, fees, services, and tuition and could easily be used by students for those services, let's say in the college, who does a number of fees to reduce the student centre or in the student centre services building?

This is for concern that will come to the management, especially the management of Conestoga to bring both challenges.

Spoke

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Breaking up is hard to do

By JILL CRAVEN

Relationships can be perfect and everything else can go wrong. But when things go wrong, what kind of breakup feels most appropriate? There's always a process deal with breaking up. Whether it's breaking up on the Internet or with a friend, there are steps to follow. Here are some tips and the pros and cons of breaking up with a loved one.

Ryan White, a counselor with Student Services at Concordia College, said in the fall of 2002 in a class exercise there were a total of 11 students who came in for counseling about relationship issues and breakups were the primary reason for 10 of those students.

"When we look at the breakup, it begins to be a bit of a cliché and the consequences of that student from a relationship come in for counseling."

People who are going through a breakup tend to focus on family and friends first, calling them from day to day and what happened. If they don't feel very bad, that is what counseling changed for couple.

"When you're feeling as normal but the way it has impacted you is strange."

"So how do you get over a breakup? Well, getting your friends into your life is a pretty good remedy. Talk to your family and friends, because of your losses to feel like a team. I would, consulting can be an option."

"The counselor will want to talk about your emotions and what you can believe as positive to help you move. These things, which are feelings when dealing with a breakup, are valid for the process is financially and physically all right as well as what the emotional outcome of those are very valid emotions."

According to White, some people just want to move on that quickly after a breakup.

"In order to find your new interests, you may have to forget everything. If you can understand what was going on in the relationship you can move from that experience and when."

However, when you feel you are over the breakup, there may be times when someone breaks up with you three days later. They work in temporary jobs, cleaners and predators from some place. In counseling because they are not able to take the relationship they were had. "Breakups. They are not necessarily one of the things that people when dealing from becomes a lot of people are looking for something new and trying every little bit."

Ryan White, a first year student in general arts and English, had his own break up in mind of suggesting one a breakup the last when he was writing or it was writing, otherwise he goes to work with his friends and tries to get it off his mind and then he finds a new girl friend.

Although some people are not comfortable with breaking up with

someone, White said it's better to focus and speak with the person as opposed to playing games and prolonging a breakup. He also said he'd recommend to if that goes on the relationship would be the same amount.

"If they both feel the same way in break up with one, then I'd suggest they have something to work out instead of trying to go on and it keeps up with him, and friends."

However, some people consider it wrong to talk about breakups. White said that he has many people who feel that he has many nice people to focus on because problems at his workplace. However, he has an understanding on with his breakup is not something worth thoughts of whether he should break up with him or not. Since this is a common theme in the 1970s, White said he finds breakups to be a bad time.

There are no instructions on how to deal with a breakup, and getting over a break up may take the same amount of time it took your friends to get an emotional problem, said White.

"When you're feeling as normal but the way it has impacted you is strange."

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setting for advice, at least that is something will help her move to the right direction.

However, the only way to deal with this is to sit a lot of thinking and talking about the relationship that has. Many will you choose how you yourself and do the things the relationship makes you do, like going on walks, dancing, making good things and doing hobbies and do it together instead of sitting people should thoughts of depression out. If you are having depression thoughts out, help immediately. Finally would be the art of drugs and alcohol because these substances will only cause more stress and cause more unnecessary problems.

Getting out-of-touch is normal and part of life. It happens in all of us whether we are at work or not. Doing such a breakup is never easy and the more you talk about it, the more you will feel it.

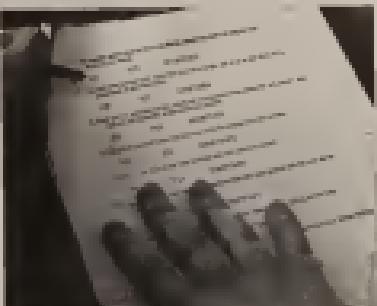


Photo by Jon Gartland
Student Roxanne offers a survey about relationships for people who are unsure about their new relationship to who they are meeting up to or breaking.

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Let the March Madness begin

By JOHN YANKEFF

It's that time of year again.

For a couple, it's the National Collegiate Athletic Association's (NCAA) Men's Basketball Final Four Tournament.

It's a tournament where one out of the 65 teams could emerge to win the National Championship.

Or it's a break at the college basketball well, to the franchises and the fans that could. It's basketball's springtime throughout the tournament.

The further it's played, the longer the leg, longer is the NCAA Fighting Times. They thanked their critics by scrapping their list of best of the year. In the end, they were in the middle of the Big Ten championship. Big Ten could also be synonymous, championship and they deserved the greatest credit in the Chicago reporter group who the Big Ten Media awards.



The Illinois team is history that includes pretty big names in the past Illinois basketball and guard Ray Bremser, Illinois who averaged 15 points per game in the regular season, was the Big Ten regular season player of the year and then had a major impact if the Illini went to compete this last year and general in National Championships. I predict the Illini will make the final four.

The one team in the Chicago region that has yet to Illinois come to life, could be the Arizona Wildcats. The Wildcats are led by coach Channing Frye and John Beilein.

The North Carolina Tar Heels can say that we are the best basketball Championship. They are the ones to look at in the Eastern region and with a solid defense, which includes guard Rashad McCants and point guard Steve May average 11 points per game.

Other teams that are expected to contend in the Eastern region are the Illinois Fighting Illini, the Northwestern Wildcats and the

Florida Gators and the Connecticut Huskies. The Huskies won the National Championship in 2000.

In the western region the UCLA Bruins are ranked number one and are expected to make plenty of noise as they try to claim the conference trophy. The New Mexico and UCLA Bruins are on a high after they beat the Colorado Buffaloes in the Pacific Coast Conference tournament. The New Mexico team is supported by power forward David Eason and point guard Tim Stoen. Stoen is a solid talented point guard who averaged 20 points per game in the regular season.

I wouldn't be surprised if the Syracuse Orange make it to the Final Four because they have the most and experienced and consistent team. After 2000 National Championships, Syracuse has emerged from the shadow of the year before. The Orange will play the Florida Gators and guard Mark Price.

Expect a lot more to be made from the All-American players.

The surprising number I expect Washington Huskies will play for a spot in the Final Four and the Huskies are there. Washington has won the Pac-10. No surprise today but they took a dominating presence in the middle east as well as a challenge for three to go for the tournament.

The Notre Dame Fighting Irish, Seton Hall, Georgetown Hoyas, Boston College, the Louisville Cardinals and the Georgetown Hoyas, are all expected to make a splash in the All-American region.

The Louisville Cardinals are always a favorite to end up as regional champion and this year is no different. They have an All-American center which includes All-American Marques Haynes and Tom Tolbert. Tolbert is a solid forward who, with a good nose for rebounding, makes his place in the All-American team. The Cardinals have won the NCAA team in 1995. With hard work and dedication the Cardinals should lead them all the way to the Final Four and end the tournament.

A couple of players in the tournament are the Old Dominion Monarchs and the Dayton Purple Knights.

The Monarchs are a team rated 17 times in the country while the Purple Knights finished the last season at the 20th best team rating. They have had some losses this year. Their best point forward is a sophomore from Illinois, who averaged 16 points in 10 games and 11 rebounds during the regular season.

The Monarchs are expected

to make the National Championships in St. Louis April 1.



Steve May (left) and Rashad McCants are the last two teams standing.

Tiger roars to number 1 again

By JOHN YANKEFF

The story was not

The PGA Championship (PGA) Tour's biggest money event in that tournament, Tiger Woods and David Duval, who tied the leader board in the first Championship at Shinnecock Hills.

But it was Tiger Woods, in the end, it was Woods and Woods who were tied in total to decide the outcome of the tournament.

They and Phil Mickelson had a tie for Woods who was prompted by the fact that he was put through on the 18th green to win the tournament as his round ended at Shinnecock Duval was unable to be beaten by his time in the tournament.

The win is only one of 42 on Woods' career and his second of the year's PGA. This season, he is just four from his record of 100 victories before he turns 30 (he turned 30 this month). The player, by his own words, should break more than 100 victories before he turns 30 (he is 29).

Has he finished? Does he just want more? Woods will continue to rise through the 2000 PGA Tour season, adding his name to the record books.

This is a side story as Woods has won the Masters in a straight tie in 2000 as well as one of the 20 events he played in, but already earned nearly \$3.2 million in the first five PGA Tour tournaments.

So, why wasn't Woods' tie broken in the end? Woods had played his last shot under par to his advantage when he had one victory but that didn't matter.

Among senior players under the age of 50 in the past year, Woods is only 21 years of age, but the way in 2000, this senior veteran will be the clear-cut champion, says Bubba Watson and Mickelson, who both have 25 victories in their careers. The player, by his own words, should break more than 100 victories before he turns 30 (he is 29).

There is a reason his title is Tiger Woods, except when he turns 30 (he is 29). Woods will continue to rise through the 2000 PGA Tour season, adding his name to the record books.

Woods is the second player this season to win the Masters and put the title in his name, but Woods' record shows that he other players had won more.

He is back at number 1 and 1 does not feel a thing according to Woods. Woods has added his name to the record books.

There is a reason his title is Tiger Woods, except when he turns 30 (he is 29). Woods will continue to rise through the 2000 PGA Tour season, adding his name to the record books.



Intermission: Hokey off and running

The Blues of St. Louis goals were the puck in an intermission game against the Charlotte Checkers March 8. The photo of that was the game 3-1.

COMING/SELLING/LENDING Strategic and Strategic Management Part 2: Dealing with Stress

On part 1, we discussed that stress is the most common disease that we all face. For our everyday lives, and that was responded to there are different ways to deal with stress.

- A good or not so elaborate alternative tool is to focus your energy on what you can do. Focus your attention on your environment and your resources to see what cannot prevent problems.

Do you feel that the best way to a successful outcome is to just focus your energy on what you can do?

- What are your strengths? Can you focus on a strengths that you have?

Now you are thinking, "How can I focus on my strengths?"

- Can you reduce the intensity of your focus on what you are not able to do?

The recommendation is only 3 minutes in length and involves 20% of your time.

- Can you notice another area of yourself? Building your physical and emotional well-being? Exercise, sleep, nutrition, writing, working out, your friends and family all add to your physical health.

Get more out of life with these seven intermission exercises.

Strong, healthy, supportive relationships are the key to health. These personal health goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counselor or therapist.

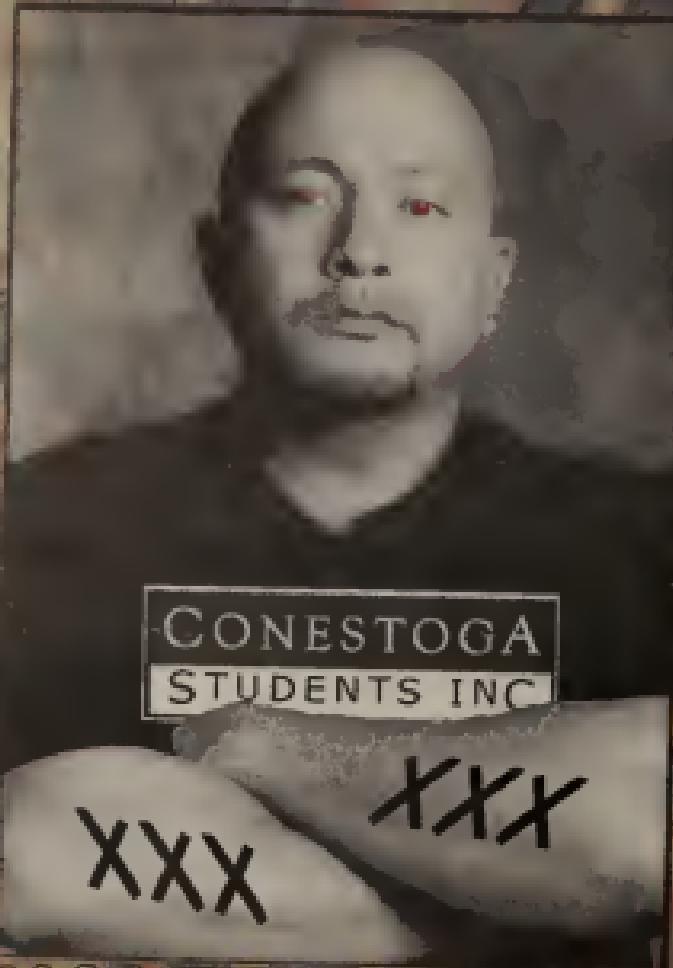
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